

# Sodium Content of Community Water Supplies in California

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■ *The amount of sodium ion in water used for ingestion may be critical in effective use of a low sodium dietary regimen. Waters containing not over 20 mg of sodium per liter are provided for in the sodium restricted diets set forth by the American Heart Association. For diets containing more than 500 mg of sodium a day, waters of greater sodium content may be used if proper dietary adjustments are made.*

*While assessment of the long-term average sodium content of a community water supply is difficult, the determined values for sodium lend to classification within range categories. The larger community water supplies in California are presented within several range categories of sodium content.*

*The more commonly used water softeners add sodium to water. The sodium-restricted patient should be cautioned against their use. Similar consideration should probably be given to water supplies of retirement communities where the potential for disorders requiring sodium restriction is greater than in the general population.*

THE EFFECTIVE USE of sodium restricted diets in the treatment of conditions such as congestive heart failure, hypertension, liver disease or other disease depends upon a critical value of sodium ion in water for ingestion as well as adherence to a diet low in this element. Failure to recognize this may contribute to or result in non-response to sodium restriction.<sup>4</sup>

For several years, the California State Department of Public Health has sampled community

water supplies within the state for sodium analysis. These data may not be readily available to the practicing physician. The purpose of this paper is to present this information and to consider briefly some related factors.

## Sodium in Water Related to Total Sodium Intake

The sodium restricted diets promulgated by the American Heart Association are probably the most widely accepted materials of their kind.<sup>7,8</sup> For the 500-milligram sodium restricted diet, the quantity and variety of foods allowed provide approximately 440 mg of sodium a day. The addi-

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tional 60 mg may derive from water. The average adult intake of water should be about 2.2 liters a day. In order not to exceed the prescribed total of 500 milligrams, water containing not over 20 mg of sodium per liter is indicated for drinking and for cooking.

The 1,000 milligram sodium restricted diet is based on the 500-milligram sodium restricted diet and the use of water with a similarly low sodium content. The additional 500 mg of sodium may be acquired by the addition of one-fourth teaspoon of salt (equivalent to about 500 mg sodium) or by using designated quantities of selected foods which individually or collectively contain 500 mg of sodium. Should the sodium content of water for ingestion be greater than 20 mg per liter, the potential sodium intake from water should be calculated and appropriate adjustments in the diet made. Use of water containing over 250 mg of sodium per liter would contribute more than the additional 500 mg allowed and thus is contraindicated. Because sodium content of community water supplies may fluctuate (for reasons considered below) water supplies containing over 200 mg of sodium per liter should probably also be interdicted.

The assessment of the long-term average sodium content of a community water supply is difficult. There are a number of reasons for this. Among the factors are:

1. Natural sources of sodium, such as
  - a. seasonal fluctuations associated with rainfall and runoff,
  - b. leaching from underground sodium salt deposits,
  - c. sea water intrusion in coastal areas,
  - d. ion exchange via earth deposits resulting in replacement of some other element by sodium;
2. Artificial sources of sodium, such as
  - a. use of sodium containing salts for purification or softening of water,
  - b. use of brine regenerated zeolite exchange resins in either community or home water softener systems; and
3. Capacity and manipulation for distribution of water in the community, as for example:
  - a. the existence of more than one purveyor using more than one water source for the total community, and
  - b. the use, by a single purveyor to the community, of water sources having differing

sodium contents with the delivery of varying blends of water at different times.

These and other considerations outside the scope of this paper have been presented previously.<sup>3,9</sup>

Of particular importance, especially in hard water areas such as most of Southern California, is the frequent use of softeners for removal of dissolved calcium and magnesium. This may be done either at the community or the home level. The usual softening process (brine regenerated zeolite) substitutes sodium for the elements that cause hardness. For every 100 mg of hardness removed, 50 mg of sodium are added per liter of water. This amount of sodium is additive to the amount present in unsoftened water.

The less common acid regeneration type of softener does not add sodium to the treated water. This type may be recommended for use by persons on a low sodium regimen or for retirement communities where the potential for disorders requiring sodium restriction is greater than in the general population.

## Sodium in California Community Water Supplies

The data reproduced by sodium category in the accompanying tables were determined by either the Sanitation and Radiation Laboratory of the California State Department of Public Health or by the Branch Public Health Laboratory (Los Angeles) by flame photometry.<sup>1,6</sup> In most instances, more than one sample was analyzed for a single community water supply. In all cases, the largest sodium value obtained during the most recent year of sampling since 1951 was used for listing the community within the several sodium content categories (see appendix). The categories were arbitrarily selected so as to conform to the American Heart Association standards. Communities having more than one water purveyor and comparable sodium values are simply listed in the appropriate category. Communities having more than one water purveyor, the supplies of which differed in sodium content, are listed in the appropriate several sodium categories with notation of purveyor identity. Information about water supplies for unlisted communities may be obtained from the water purveyor or the local health department. A recent nationwide survey of sodium ion in water supplies<sup>2</sup> included 21 communities in

California. Values listed in that survey are comparable to those reported here.

### Implications for Physician and Patient

When it is essential that a patient restrict his sodium intake, cognizance must be taken of the sodium content of ingested water. The most rigid approach is for the patient to use distilled or de-ionized bottled water for drinking and cooking. This approach may be necessary in communities having high sodium content in the water supply. Care must be taken to avoid waters which are labeled "spring pure," "spring fresh" or by other similar designation. These labels do not indicate the sodium content. Spring waters should not be used unless the sodium level has been established as being satisfactorily low by analysis.

Use of the community water supply imposes less restriction for the patient and may be allowed in many areas of California. With the data presented here, supplemented by information from the water purveyor, it may be possible to establish that the community water is indeed acceptable for sodium restricted diets. Because of the many uncertainties involved, it may not be as desirable for

rigid sodium control as the use of distilled or de-ionized water.

Farag and Mozar<sup>5</sup> recently demonstrated that subsequent admission to hospital of patients with congestive heart failure was considerably reduced by intensive follow-up services provided by the nutritionist, nurse and health educator. The data presented here should be of value to these disciplines as well as to the physician in counseling patients who need sodium restriction.

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See Appendix California Community  
Water Supplies by Sodium Content Category



# APPENDIX

## California Community Water Supplies by Sodium Content Category

NOTE: Many towns and communities in the list below are served by more than one supplier of water. Hence the sodium content may vary from one part of the community to another. In such cases the name of the town or community may be listed under several of the classifications of sodium concentration. It is important, in such split communities, to determine precisely where a patient lives and what water supplier is serving him.

≤20 mg/L	21-50 mg/L	51-100 mg/L	101-200 mg/L	*201-250 mg/L **>250 mg/L
Alameda	Alamo	Alvarado	Adelanto	
Albany	Alhambra	Antioch	Agoura	
Al Tahoe	Alisal	Anza Village	Altadena	
Anderson	Alturas	Armona	Anaheim	
Arden Manor	Alviso	Artesia	Apple Valley	
Arden Park	Aptos	Atascadero	Arvin	
Auburn	Arbuckle	Athens (L. A. Co. Water Works Dist. #1)	Avalon	
Azusa	Arcadia		Avenal	
	Arcata		Avila*	
	Arroyo Grande			
	Athens (Athens Water Co.)			
	Atherton			
	Atwater			
Baldwin Park (Baldwin Park Co. Water District, Park Water Co. #26, Valley View Mutual Water Co., Warner Acres Tract Mutual Water Co.)	Bakersfield Vicinity (Calimar Water Co., Vaughn Mutual Water Co.)	Bakersfield (Garden Water Corp.)	Bakersfield (California Water Service Co.)	
Bass Lake	Banning	Baldwin Hills	Bakersfield Vicinity (East Niles Community Service)	
Bear Valley	Bassett-Baldwin Park (San Gabriel Valley Water Co.)	Baldwin Park (San Gabriel)	Barstow**	
Bellflower (Home Garden Mutual Water Co.)	Baywood Park	Bellflower (Bellflower Mutual Water Co., Peerless Land and Water Co., Somerset Mutual Water Co.)	Bell Gardens (So. Calif. Water Co.)	
Belmont	Beaumont	Bishop	Benicia	
Belvedere	Bellflower (Berlu Water Co.)	Borrego Springs	Beverly Hills	
Ben Lomond	Bell Gardens (Coast Water Co., Park Water System #3)	Brea	Blythe	
Berkeley	Big Bear Lake	Brentwood	Boron**	
Big Bear	Buena Park (City)	Buellton	Brawley	
Big Bear City		Buena Park (Homewood Mutual Water Co.)	Burbank	
Biggs				
Big Pine				
Black Point				
Bloomington				
Boulder Creek				
Broadmoor				
Brockway				
Brookdale				
Buckeye				
Burlingame				
Camp Meeker	Calwa	Calimesa	Calabasas	
Camp Nelson	Cambria	Cambria Pines	Calexico	
Carmel	Campbell	Capitola	California City	
Carmel Highlands	Carmel Valley	Caruthers	Calapatria	
Carmichael Vicinity (Arden Park Vista Water Maintenance Dist.)	Carmichael (Carmichael Irrigation Dist.)	Castroville	Camarillo	
Carnelian Bay-Cedar Flat-Panorama Estates	Carmichael Vicinity (Northridge Park Co. Water Dist.)	Centerville	Carlsbad	
Casaloma	Cathedral City	Ceres	Carpinteria	
Cedar Pines Park	Cayucos	Chino (City)	Clayton	
Chico	Chowchilla	Citrus Heights (Citrus Heights Irrigation Dist.)	Coalinga*	
Chino (Park Water Co., So. Cal. Water Co.)	Citrus Heights Vicinity (Lincoln Oaks Water Co.)	Colusa	Commerce	
Citrus Heights Vicinity (Royal Oaks Water Co.)	Claremont	Corcoran	Compton (City, Park Water Co.)	
Clearlake Highlands	Clovis	Corralitos	Concord	
Clearlake Oaks	Coachella	Costa Mesa (Costa Mesa Co. Water Dist.)	Contra Costa County Water District	
Clearlake Park	Compton (Richland Farms Mutual Water Co., So. Cal. Water Co., Uehling Water Co.)	Cudahy	Corona*	
Cloverdale	Compton Vicinity (Central Gardens Water Co.)	Cupertino	Coronado	
Colfax	Cotati		Costa Mesa (Newport Heights Irrigation Dist.)	
Colton	Covina		Costa Mesa Area (Santa Ana Heights Water Co.)	
Corning	Cuesta La Honda		Crockett	
Corte Madera	Cutler		Cucamonga	
Cottonwood	Cypress		Culver City	
Crescent City				
Crestline				

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≤20 mg/L	21-50 mg/L	51-100 mg/L	101-200 mg/L	*201-250 mg/L **>250 mg/L
Del Monte Fairways Del Paso Manor Donner Lake Dunsmuir Durham	Danville Delhi Denair Diablo Dinuba Duarte	Daly City Davis Decoto Dixon Dominguez Dorris Dos Palos Downey	Delano Desert Hot Springs	
East Monterey Edgemar El Cerrito El Dorado El Monte (Farm Mutual Water Co., Rurban Homes Mutual Water Co.) Emeryville Etiwanda	Earlimart East Cliff Area East Palo Alto East Pasadena Edgemont El Granada Elk Grove El Modena (Orange Coun- ty Water Works) El Monte (City, Del Rio Mutual Water Co., San Gabriel Valley Water Co.) El Monte-Garvey Elsinore Vicinity (Elsinore Water Dist.) Enterprise Escalon Esparto Eureka (City) Eureka Vicinity (Humboldt Community Service Dist.) Exeter	East San Bernardino Elsinore Vicinity (Elsinore Valley Municipal Water Dist.)	East Bakersfield East Los Angeles, Belve- dere El Cajon El Centro El Modeno (Santiago Wa- ter Co.) El Rio El Segundo* Elsinore (City) Encinitas Escondido	
Fairfax Fair Oaks Fall River Mills Fallsvale Farmersville Felton Ferndale Fetters Spring Fields Landing Florin Folsom Forest Hill Forestville Vicinity Fort Bragg Foster City Fruitridge Vista	Fernwood Firebaugh Florence Fowler Fresno Fresno Vicinity (Bakman Water Co.) Friendly Acres Fullerton (Lansdowne Wa- ter Co.)	Fontana Freedom Fremont	Fallbrook Fillmore Flintridge Frazier Park Fullerton (City)	
Galt Garberville Gardenland Area Gerber Gilroy Grass Valley Green Valley Gridley	Garden Grove Garden Grove Vicinity Glen Avon Heights Greenfield Guerneville	Gardena Vicinity Gardena-Lawndale Vicinity Garden Acres Glendora (Suburban Water Systems) Grover City Gustine	Gardena Glendale Glendora (City) Glen Ellen Goleta Gregory Gardens Guadalupe	
Hayfork Healdsburg Vicinity (Fitch Mountain Water Co.) Highway City	Half Moon Bay & Vicinity Hamilton City Healdsburg (City) Hercules Hesperia	Hanford Hayward Hemet Highland Park Hillsborough	Hawthorne Hawthorne Vicinity-Liber- ty Acres Helix Irrigation District Hermosa Beach - Redondo Beach Hidden Hills Highgrove Highland Hollister Hollister Vicinity Holtville	

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$\leq 20$ mg/L	21-50 mg/L	51-100 mg/L	101-200 mg/L *201-250 mg/L **>250 mg/L
			Home Gardens Hope Ranch Huntington Beach** Huntington Park
Idyllwild Idyllwild Vicinity Independence Inyo	Indio Indio Vicinity Ivanhoe	Inverness Irvington	Industry Inglewood* Isleton
Jackson Jamestown	Joshua Tree		
Kentfield Kerman Kings Beach	Keyes Kingsburg	Kernville	Kagel Canyon* Kennelva
Lake Arrowhead Lake Arrowhead Vicinity Lakeport Lake Tahoe, So. Shore Larkspur La Selva Beach Lincoln Linda Linda Mar Lockford Lone Pine Loomis Loyalton Lucerne	Lafayette Lakewood (Ideal Petroleum Co.) La Puente (L. P. Valley County Water Dist.) La Puente Vicinity (Suburban Water Systems) La Verne Little Rock Vicinity (Sun Valley Village Water & Improvement Co.) Livingston Lodi Los Banos Los Molinos Los Osos Lynwood Vicinity (Lynwood Gardens Mutual Water Co.)	La Habra Heights (L.H.H. Mutual Water Co.) Lakewood (City) Lamont Lancaster La Puente (Cross Water Co., Vallecito Water Co.) Lenwood Little Rock (Little Rock Creek Irrigation Dist.) Little Rock Vicinity (L.A. Co. Water Works Dist.) Loma Linda Lompoc Vicinity Los Alamitos Los Alamos Los Altos Los Angeles Vicinity (Watts) Los Angeles Vicinity (Florence-Graham) Los Gatos Lynwood (City)	La Canada La Crescenta Laguna Beach La Habra (City) Lakeside Vicinity (River-view Water District) La Mesa La Mirada La Sierra Heights-Arlington Lawndale Lemon Grove Lemoore Liberty Acres (Hawthorne) Lindsay (City)** Lindsay (Lindsay-Strathmore Irrigation Dist.) Livermore* Lomita Lompoc Long Beach* Los Angeles (City)*
Madera Mammoth Mariposa Mentone Menlo Park (City) Meyers Mill Valley Mokelumne Hill Monte Vista Mt. Herman Park Mt. Shasta Murphys Area Muscoy (Muscoy Mutual Water Co. #1, San Bernardino Water Utilities Corp.)	Manteca Maramonte Park Marysville Mayfair-Swain Oak Manor (Stockton Vicinity) Mayfair District of Fresno McFarland Meiners Oaks Vicinity (Ventura River Co. Water Dist.) Menlo Park (California Water Service Co.) Merced Midway City Millbrae Mira Loma Miramar Monrovia Montecito Monterey Park Morgan Hill Morro del Mar Mountain View Muscoy (Delmann Water Co.)	Maywood Vicinity Meiners Oaks (Meiners Oak Co. Water Dist.) Menlo Park (O'Connor Tract Co-op Water Co.) Mission San Jose Modesto Vicinity Montclair Montebello (Montebello Land & Water Co., So. Montebello Irrigation Dist.) Monterey Monte Rio Morro Bay	Malibu** Manhattan Beach Martinez Maywood Maxwell Mendota Modesto (City) Mojave Montebello (Park Water Co., San Gabriel Water Co.) Montrose Moorpark Morongo Valley
Napa Nevada City	North Sacramento North Sacramento Vicinity	Newark New Cuyama	National City-Chula Vista Needles**

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≤20 mg/L	21-50 mg/L	51-100 mg/L	101-200 mg/L *201-250 mg/L **>250 mg/L
New Monterey Nice North Highlands North Highlands Vicinity Novato	Norwalk (City, Junior Water Co., County Water Co., Suburban North System)	Newhall Newman Newport Beach Niles North Long Beach Norwalk (Southern California Water Co. "A" System)	Newbury Park Niland Norco North Palm Springs Norwalk (Southern California Water Co. "B" System, Park Water Co.) Nuevo-Lakeview
Oakdale Oakland Olivehurst Orinda	Oceano Orcutt Orosi Oroville Oroville Vicinity	Oak View Oildale Olive Opal Cliffs Orange Orange Cove Orange Park Acres Oxnard Vicinity (Dempsey Road Mutual Water Co., Vineyard Ave. Acres Mutual Water Co.)	Oakley Oceanside Ojai Oleum Ontario Orland* Oxnard (City)
Pacifica Pacific Grove Pacific Manor Palm Desert Palm Desert Vicinity (Coachella Valley Co. Water Dist.) Paradise Paradise Park Pebble Beach Country Club Pine Cove Pinedale Placerville Pleasant Hill (E.B.M.U.D.) Pollack Pines Portola	Palm Desert Vicinity (Palm Desert Community Services Dist.) Palm Springs Paramount Vicinity Parlier Pico Piedmont Pinole Pixley Planada Pleasanton Poplar Porterville Portola Valley Princeton-by-the-Sea	Pajaro Palm Springs Desert Paramount Pedley-Sparrland Pismo Beach Placentia Port Hueneme	Pacheco Palmdale Palo Alto Palos Verdes Estates* Pasadena* Paso Robles* Patterson Perris Petaluma Pico-Rivera Piru Pittsburg* Pleasant Hill (California Water Service) Pomona Port Chicago Port Costa
Rafael Village Rancho Cordova Rancho Cordova Vicinity Redding Redwood City Redwood Estates Rialto Richmond Rio Linda Riverbank Rockaway Beach Rocklin Rohnert Park Ross Running Springs Rutherford	Rancho Mirage Red Bluff Redlands Reedley Rodeo Rosemead Roseville Rubidoux	Quartz Hill  Randsburg Rivera Systems East & West (Los Angeles Area) Rosamond	Ramona Rancho Santa Fe Redondo Beach - Hermosa Beach Ridgecrest Riverside Rolling Hills
Sacramento Metropolitan Area (Oak Park & Parkway Water Co.) Sacramento Vicinity (Citizens Utilities Co., Sacramento Co. Water Agency) St. Helena San Anselmo San Carlos San Francisco San Geronimo	Sacramento (City, Arvin Water Co., Arcade Co. Water Dist.) Sacramento, North (Citizens Utilities Co. of Calif.) Salinas (California Water Service Co.) San Bernardino (City, Baseline Gardens Mutual Water Co.)	Salinas (Pacific Gas & Electric Co.) San Bernardino (East S. B. Co. Water Dist., So. S. B. Co. Water Dist.) San Bruno San Clemente San Jacinto San Joaquin San Jose (S. J. Water Works)	San Diego San Dimas San Fernando San Marino San Miguel Santa Ana (City) Santa Barbara Santa Maria Santa Monica* Santa Paula Vicinity (Limoneira Co.)

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≤20 mg/L	21-50 mg/L	51-100 mg/L	101-200 mg/L *201-250 mg/L **>250 mg/L
San Juan Area of Sacramento San Leandro San Mateo San Rafael Santa Cruz Vicinity (Santa Hacienda Mutual Water Co.) Santa Rosa Sausalito Sharp Park	San Gabriel Sanger San Jose (Great Oaks Water Co., White Brothers) San Juan Bautista San Luis Obispo San Pablo Santa Ana (So. Main Mutual) Santa Clara Santa Cruz (City)	San Juan Capistrano Santa Fe Springs Santa Paula (S. P. Waterworks) Saratoga Seal Beach Sedco Shafter Sierra Madre Soledad Solvang	Santa Susana** Santa Susana Knolls Santa Susana Vicinity** Saticoy Saugus Seaside Shoshone** Signal Hill Simi Somis-Las Posas
Shasta Dam Area Sonoma Vicinity (Valley of the Moon Co. Water Dist.) Sonora Springville Stateline Stockton (Park Woods-Lincoln Village, Colonial Heights Maintenance Dist.) Summit City	Santa Maria Vicinity (Santa Maria Public Airport, Tanglewood) Santa Ynez Sea Cliff Sebastopol Selma South Arcadia South Gate (Park Water Co. System) South Pasadena South San Gabriel Stanton Stinson Beach Stockton Vicinity (Lincoln Village Maintenance Dist.) Sunnymead	Sonoma (City) Soquel South San Francisco Stanford University Strathmore Sunnyvale Sunset Beach Susanville	South Gate (City, So. Calif. Water Co.) South Whittier Stockton (California Water Service Co.)* Stratford** Susana Knolls
Tahoe Valley Tahoma Talmage Vicinity Terra Bella Thermalito Truckee Tuolumne Twain Harte Twain Harte Vicinity Twin Peaks	Taft Tara Hills Tehachapi Temple City Temple City Vicinity Thousand Palms Tipton Town & Country of Sacramento Tulare	Torrance-Wilmington Vicinity (Dominguez Water Dist.) Tracy Trona Tulelake Turlock Tustin Twenty-Nine Palms	Thousand Oaks Torrance City* Tranquility** Tri-Cities Municipal Water Dist. (San Bernardino)**
Ukiah		Upland	
Vallejo Vallejo Valley of the Moon Summer Resort Area	Ventura Vicinity (Ventura River Municipal Water Dist.) Victorville Villa Park Visalia	Vacaville Vista	Val Verde** Ventura-San Buenaventura** Verdugo City* Vernon
Walnut Creek Walnut Grove Weaverville Weed West San Bernardino Co. Water District Westview Willits Winton Wrightwood	Wasco Westminster (City-Tract 3003, Dyke Water Co., Orange Co. Water Works, So. Calif. Water Co.) West Riverside Willowbrook Wilmar Winters Woodlake Woodside Woodside Highlands Woodville	Watsonville West Covina Westminster (City) West Sacramento (West Sacramento Water Co.) Whittier (City, Citrus Grove Heights Water Co., Orchard Dale Co. Water District, San Gabriel Valley Water Co.) Willows Woodland	Walnut Park West Sacramento (Washington Water & Light) Wheatland Whittier (Suburban Water System)* Whittier Vicinity (Murphy Ranch Mutual Water Co.) Williams Woodland
Yreka	Yucaipa (San Bernardino Valley Municipal Water Co., Yucaipa Water Co.) Yucca Valley	Yorba Linda Yuba City Yucaipa (Western Heights Water Co.)	Yolo